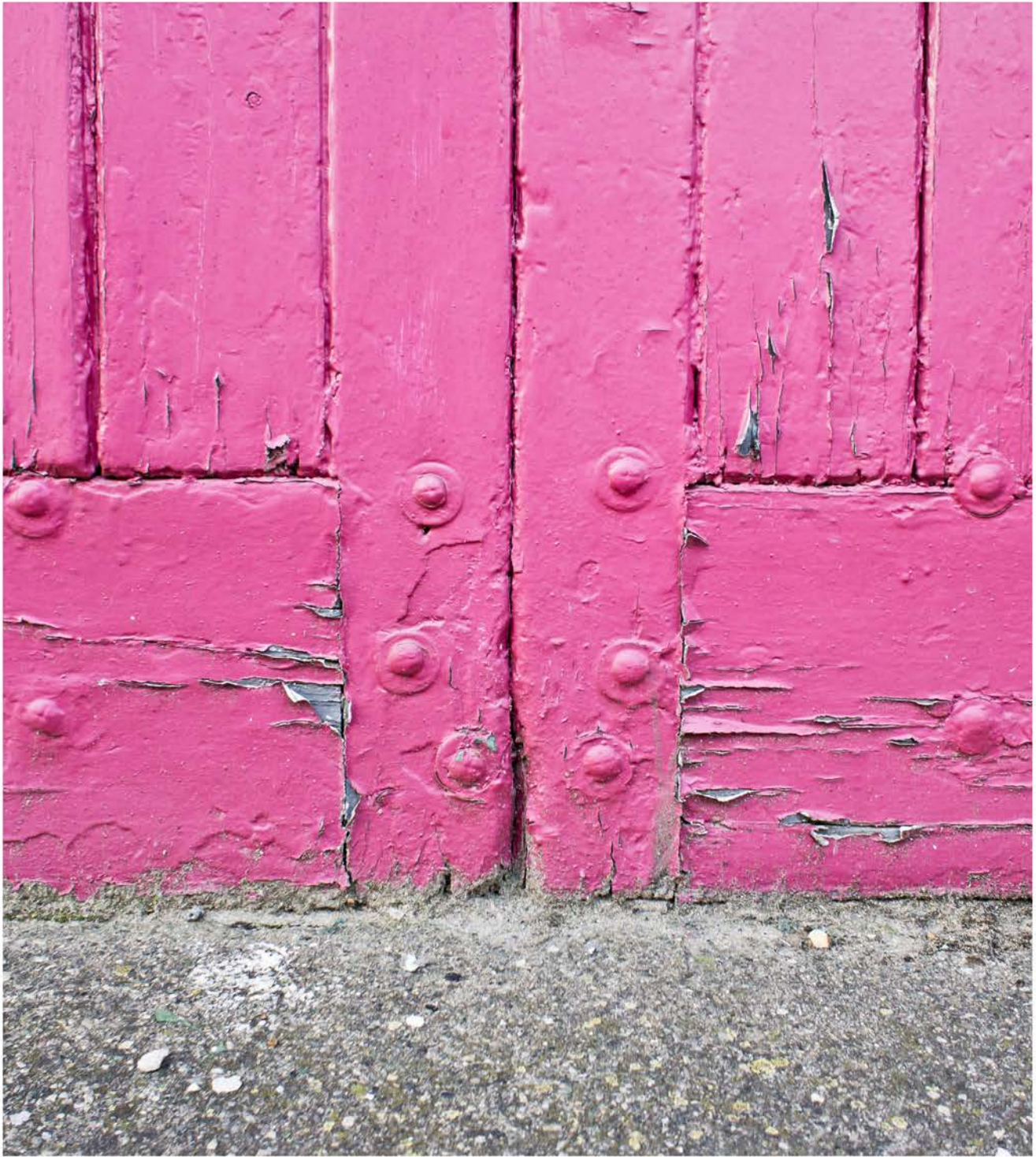




The Modern Creative
Woman Publishing Co.



The Modern Creative Woman
Vibrant Vision

Dr. Amy Backos



Vibrant Vision

Congratulations on choosing The Modern Creative Woman Vibrant Vision Workshop!

This unique experience will give you the power to become the woman you always wanted to be. Fully anchored in the present, you will be reaching out to the future to “test drive” your creative options.

Using your imagination to explore the future is a simple, yet powerful tool. Starting with your Vibrant Vision, you can tap into your natural creative powers to build a life you love, no longer controlled by stress and worry. These techniques are ancient and supported by modern science. The Vibrant Vision lets you feel confident making decisions, anticipate and manage obstacles, and finally take the bold actions you have been dreaming about.

The Modern Creative Woman method involves three evidence-based strategies: Presence, Mindset, and Purpose. You will use all three in this workshop to ground yourself, create a stronger relationship with your mind, and take action on your purpose.

Bring the Following Supplies to the Vibrant Vision Webinar

- Vibrant Vision Workbook
- Four printed doors from the workbook - single sided. (You will be folding the paper in half so be sure to keep the current formatting.)
- Pen/pencil
- Markers and/or colored pencils
- Scissors

Don't have a printer? Bring extra paper and you can make a door during the webinar.

The Modern Creative Woman Method



Presence

- Make full contact with the present moment.
- Suspend judgments.
- See yourself as the "context" for all your life experiences.
- Get out of your mind and get into your life,



Mindset

- Acceptance of your thoughts, feelings, and circumstances as they are, rather than what you think they should be.
- Forging a new working relationship with your thoughts.
- Practicing conscious and creative thinking.



Purpose

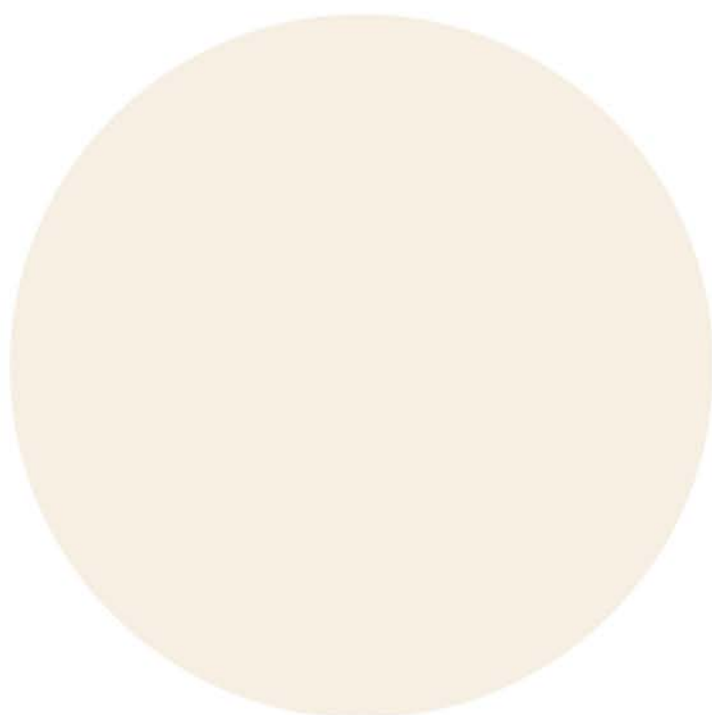
- Your personal values about what is most important to you.
- Daily movement towards your values.
- Committed actions in alignment with your values.
- Practice loving kindness for yourself and others.

What Lights You Up?

What is most fun for you? What are your passion projects? Where do you find yourself happiest?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Doodle Space



DECISIONS ABOUT THE FUTURE

Do you have worries about the future? We all do! Perhaps you are uncertain about what you really want or unsure about how to figure it out. Maybe you already have big dreams, yet you are unclear where to begin and fear failing. Perhaps you want a few things but can't decide.

Below, write seven areas in your life where you are feeling uncertain, stuck or where you are considering making a change.

For example, here is my list: move, hire another person in my business, take an in-person French class, ask someone in particular for help, commit to a new specific goal, stick to my current goal.

You might include big or small situations related to your health, relationships, work, school, or community.

1.

2.

3.

4.

5.

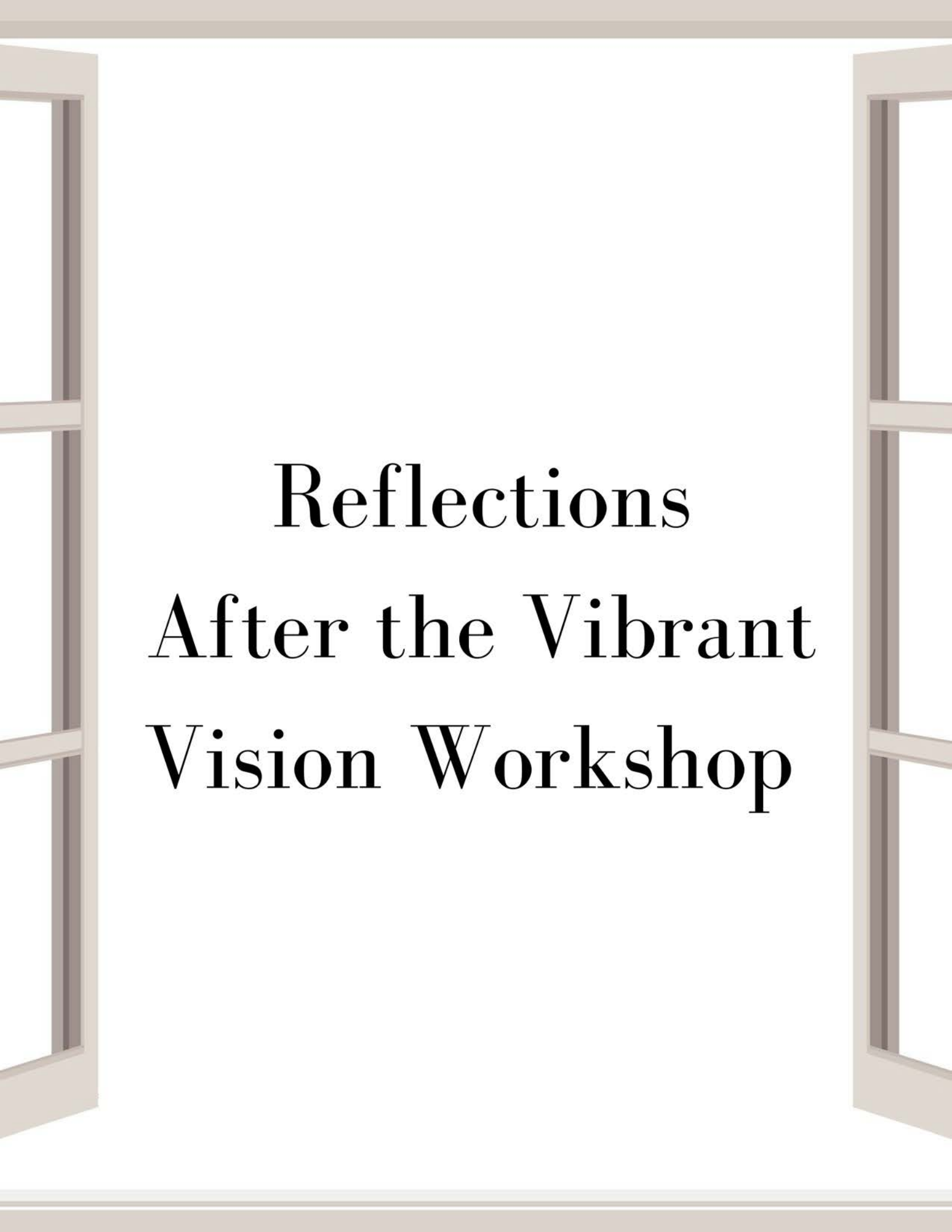
6.

7.

Choose Three Areas to Explore

Decide what you want to reflect on for your Vibrant Vision. Will you consider choosing field of study in school, making a move at work, deciding how and where to retire? Choose options you are interested in and identify three possibilities. For example - three majors in school, three new careers, three retirement strategies.

For example, I wrote that I could move in 2 years, stay where I am, move now. There is not a right or wrong here and if you are only torn between two options, make up a third one for the purpose of creative thinking.

A light beige, stylized window frame surrounds the text. It features vertical and horizontal bars, suggesting a multi-paned window. The frame is slightly offset from the edges of the page.

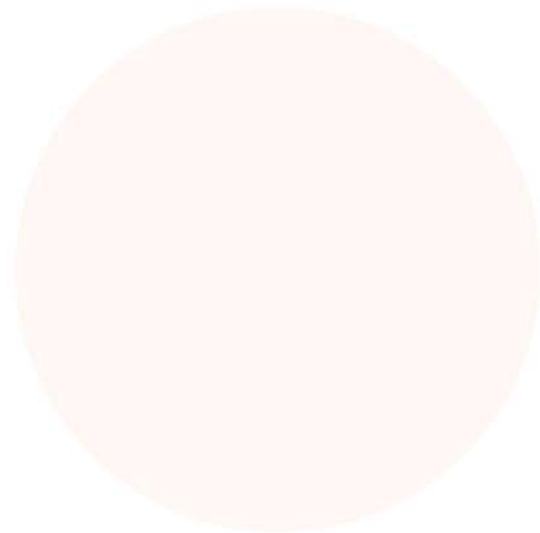
Reflections After the Vibrant Vision Workshop

REFLECTION

Reflect on your Vibrant Vision, especially on the 4th doorway that you had not considered before.
How do you feel? What do you think?

COMMITTED ACTIONS

Brainstorm as many ideas as you can (at least 25) for committed actions you could take to bring your Vibrant Vision to life.

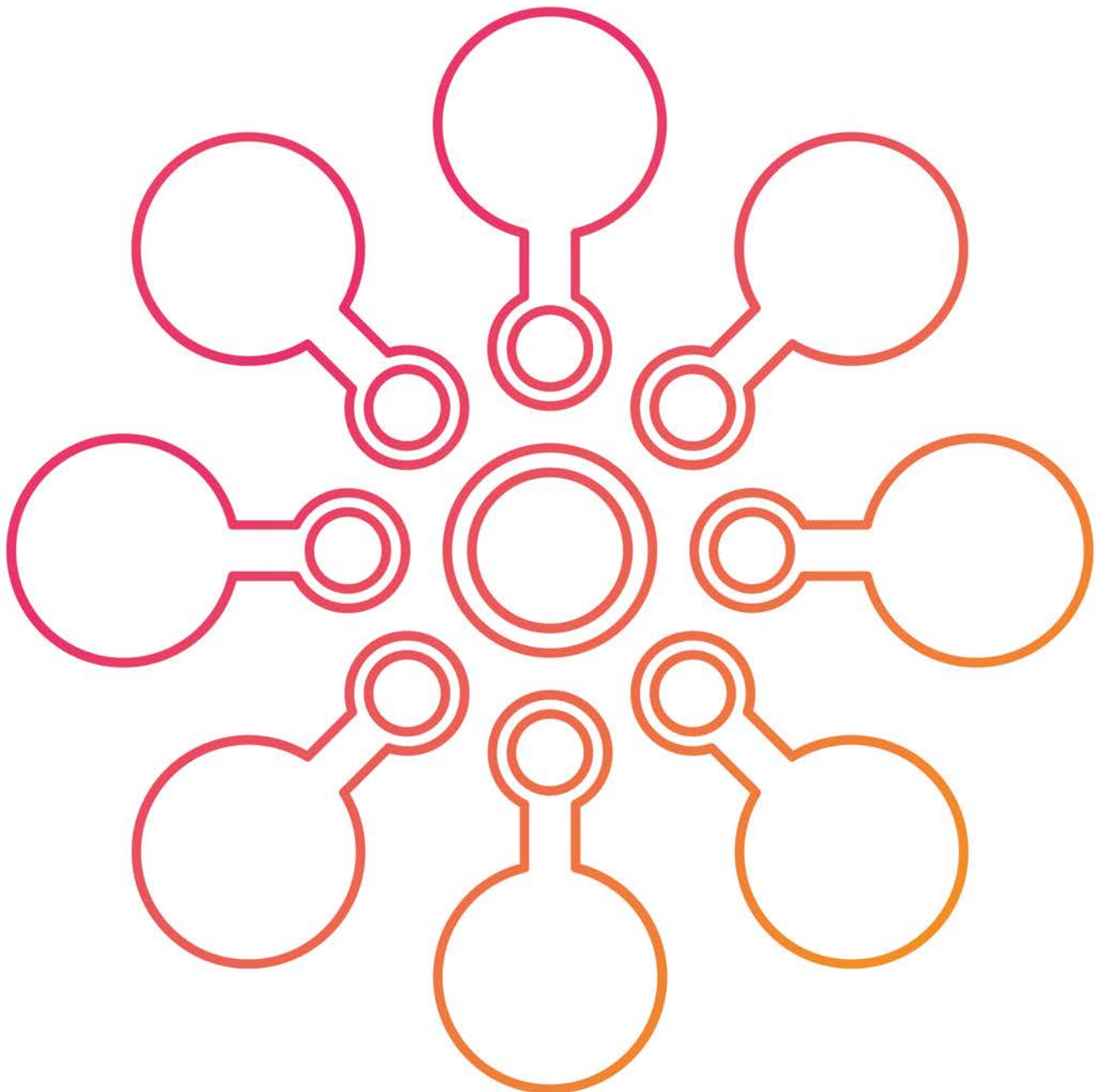


Doodle Space

A series of ten horizontal bars for brainstorming ideas, alternating in color between light orange and light green. The bars are arranged in five pairs, with each pair consisting of an orange bar on top and a green bar on the bottom.

Mind Map of your Vivid Vision

Write your Vibrant Vision in the center of the Mindmap. Write and draw eight actions you will take to move you closer to your vision. Break each of these down into smaller actions. Schedule a little time each day or week to start taking action. Hang this up where you can see it every day. If you are inspired, make an artistic rendering of your mind map. Congratulations! You have your Vibrant Vision and your plan!



10 Ways to Live Your Vibrant Vision

1. **Embrace Curiosity:** Cultivate a natural inquisitiveness about the world around you and ask questions.
2. **Play:** Approach your work with a sense of playfulness and experimentation. Let yourself explore and have fun with your creative process.
3. **See Beauty in the Ordinary:** Train yourself to find inspiration in everyday objects, scenes, and experiences.
4. **Experiment Freely:** Don't be afraid to try new techniques, materials, or approaches without worrying about perfection.
5. **Trust Your Intuition:** Learn to listen to your inner voice and follow your instincts, even if it feels uncomfortable or leads you in unconventional directions.
6. **Suspend Judgement about the Process:** Understand that mistakes, setbacks, and confusion are essential parts of the creative process and opportunities for growth.
7. **Seek Inspiration Everywhere:** Keep an open mind and draw inspiration from diverse sources, including nature, art, literature, and everyday life.
8. **Develop a Unique Perspective:** Cultivate your own distinct viewpoint and use it to infuse your work with authenticity and originality.
9. **Practice Mindfulness:** Stay present in the moment and pay attention to your thoughts, emotions, and surroundings to fuel your creativity.
10. **Collaborate and Connect:** Engage with other artists and creative people, share ideas, and collaborate on projects to expand your perspective and learn from others. Join the Modern Creative Woman membership!

Celebrate Yourself!



**I am grateful
for...**



I believe I can...



**I am a Modern
Creative
Woman who...**

Pick a small action to celebrate yourself today. How I will celebrate myself:

Resources



Personal Development

- **Coaching:** Creativity is everything! Focus on developing your creative thinking to excel in your work, love and presence in the world.
- Creativity Intensives online, in San Francisco and Paris.
- Complementary consultations.



Stay in Touch!

- Instagram @dramybackos
- Join me each Friday at noon PST while I gently guide you to strategies to live a creative and joyful life.
- DM me with questions or topics you want to see covered!



Learn more!

- **Podcast:** The Modern Creative Woman.
- **Book:** ACT Art Therapy by Dr. Amy Backos
- **Book:** PTSD and Art Therapy by Dr. Amy Backos.
- **Book:** Emerging Perspectives in Art Therapy by Drs. Amy Backos & Richard Carolan

Vibrant Vision

Thank you for joining the Modern Creative Woman Vibrant Vision Workshop. These exercises were designed to unlock your creative thinking about your future.

I personally invite you to join this community of Modern Creative Women who are living more compassionately and making the world a better place. Living your values and passions is part of creating a better world. Imagine if everyone lived this way!

If you are excited about continuing this work, I would love to support you. The Modern Creative Woman monthly membership is a one-of-a kind creativity and personal development program. Become a Modern Creative Woman to remove barriers to living your best life and stay for the creativity, fun and community!

It is my pleasure to share the evidence-based information which has helped people all around the world. I look forward to hearing from you about what you learned in this workshop. Please reach out and let me know what you think!



Amy Backos, PhD, ATR-BC



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